



DEPARTMENT OF THE ARMY
UNITED STATES ARMY GARRISON BAVARIA
UNIT 28130
APO AE 09114-8130

APR 21 2015

IMBA-ZA

MEMORANDUM FOR All Military Personnel Assigned to USAG Bavaria

SUBJECT: USAG Bavaria Policy Letter #21; USAG Bavaria Physical Fitness Standards

1. References:

- a. AR 670-1, Wear and Appearance of Army Uniforms and Insignia
- b. TC 3-22.20, Army Physical Readiness Training
- c. AE Reg 190-1, Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany

2. USAG Bavaria relies on self-discipline, leadership and the units' chain of command to enforce this policy. This policy only clarifies areas specific to USAG Bavaria. It is possible for unit commanders to pass a more stringent policy among its members.

3. Physical fitness hours. The standard physical fitness hours are 0630-0730 hours during the duty days. Units may alter Physical Training (PT) hours but road closures will only be maintained in specified areas from 0630-0730 hours.

4. Uniform:

a. The Army Physical Fitness Uniform (APFU) is the only uniform authorized during PT hours unless the Soldier is on leave or pass. Although a Soldier can wear civilian clothes when on leave or pass, it is recommended that he wears the APFU during PT hours. Units with individualized unit shirts are authorized to wear their approved unit shirts. Units can authorize alternate PT uniforms for specific unit events with the approval of battalion/squadron chain of command. The reflective belt will be worn when wearing the APFU indoors or outdoors. Although there is not a garrison requirement for a specific type/color of reflective belt, units may standardize the type and color of reflective belt worn for Soldiers and leaders.

b. Physical activities conducted off post is authorized but units must refer to the current force protection policies from the JMTC Commander. POC for current force protection information is the JMTC force protection manager DSN 475-6680.

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5. Cadence: Will be respectful and courteous to all individuals and all units will refrain from using profanities when calling cadence. All units will take into effect their locations when calling cadence during PT hours. Cadence is not permitted in or around the housing areas prior to 0800 hours.

6. Safety:

a. Designated roads will be closed (community dependant) during PT hours to enable units to conduct unit runs in a controlled environment. The POC for road closures and barrier guards is the installation coordinator Rose/Tower Barracks DSN 475-1500, Hohenfels DSN 466-1500 and Garmisch DSN 440-3509.

b. The wearing of headphones is not authorized while running on roads or sidewalks on any military installation in the APFU or civilian clothes unless it is a closed track. For information on approved headphone running routes contact the installation Safety office at DSN 475-7734.

c. Individual Soldier/unit PT is authorized on the entire troop marching route without coordination, however, individuals and units are strongly advised to call the firing desk and notify them of their intentions and timeline so the firing desk can track them. If this service is used, you are responsible to call when mission complete. PT is not authorized on any tank trail/road, training facility, maneuver area or range. Between gate 4 and gate 2 is classified as tank trail and PT is not authorized on this road. Military foot marches have priority over all other activities. PT formations must share the marching route trail when they come upon a military foot march. Bicyclists, joggers, and other recreational activities are authorized on the troop marching route only on the portion paralleling Chancellorsville Road and One Community Road. Military foot marches have priority over all other activities.

d. Foot marches are authorized only on the troop marching route. Any other area requires coordination through maneuver branch (14 days in advance). This includes marching alongside the main tank trails. Troops not on the troop marching route must march alongside the tank trails, remaining on the far shoulder or in the grassy areas to the sides of the tank trails. Troop units marching alongside the tank trails require front and rear road guards with reflective vests and be positioned at least 100m to the front and rear of the first and last marching troop. Medical support (medic or combat life saver) and medical vehicle is recommended. FM radio communications must be maintained between the unit's base station / TOC and GTA Range Operations. Foot marches may occur alongside both sides of the tank trail. Military foot marches have priority over units conducting PT on the troop marching route. PT formations and

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recreational users must clear the troop marching route when they come upon a military foot march. Foot marches must yield to vehicle traffic when crossing the tank trail as foot marches are not the traffic priority. Foot marches alongside tank trails are not authorized when tank trail conditions are red or black.

e. The POC for coordination is the JMTC Maneuver NCOIC 475-6918, Alt POC: Safety NCOIC 475-6905.

7. Rules of running, walking and foot marching:

a. All formations will run on the right side of the road with the flow of traffic and will not cross the center line. Units conducting last man up runs or other non standard runs will keep their entire formation on the right side of the road.

b. Single runners will also run on the right side of the road on closed running routes to include Soldiers taking the Army Physical Fitness Test (APFT). Individual runners will run against the flow of traffic on open roads to ensure they are aware of oncoming traffic. It is recommended that all runners run on the sidewalks when sidewalks are available on open traffic roads.

c. Walking Soldiers will walk on the sidewalk and in a single file to keep the roads/paths clear. If no sidewalk is available, walkers will remain on the right side of the road on closed routes and walk on the left side of the road on open roads to ensure Soldier is aware of oncoming traffic.

d. Foot marching is a key part to Soldier readiness and should be conducted frequently. Tactical foot marching is in full uniform with weapon and Soldiers should stagger on both sides of the road and have road guards to the front and rear of the formation. Conditioning road marching can have a variance of uniform options established by the unit chain of command. For conditioning foot marches, Soldier's marching in a formation will walk on the right side of the road with the flow of traffic with road guards to the front and rear on an open route. If marching in a single file it is recommended that the formation uses the sidewalks.

e. Units will not block the roads or sidewalks for warming up, strength training or stretching. Units will move their formations off the roads or sidewalks to ensure other Soldiers or units are able to move freely throughout the road and sidewalks.

8. Failure to comply with the provisions of this policy letter may result in adverse administrative or punitive action to include the Uniform Code of Military Justice for service members, and civilian misconduct proceedings for other affiliated personnel.

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9. The point of contact for this memorandum is the USAG Bavaria Command Sergeant Major, DSN 475-1320.



MARK A. COLBROOK
COL, AV
Commanding

CF:

JMTC, G3

2CR

173rd ABCT

18th MP BDE

BMEDDAC

BDENTAC

2 ASOS

7th ILE DET

18th CSSB

44th ESB

4-319th AFAR

1-91st CAV

2 CR RES

405th AFSBn-Germany

DET 2, 7th Weather Squadron

Bavaria Signal Company (BSC)

DET A, 106th FIN CO

B Co. WTB-E

Grafenwoehr Field Office, 66th MI BDE

262nd MP DET, CID

702nd ORD CO

6981st CSG

B Co. 457th CA BN

D Co. 457th CA BN

1172nd MCT

C Co. AFNORTH BN USA NATO BDE